

South Orange and Maplewood Schools

A photograph of a winter scene. The foreground and background are filled with snow-covered evergreen branches, likely spruce or fir, which are heavily laden with white snow. The branches create a natural frame around a central, slightly blurred area of snow. The ground is covered in a thick layer of snow, and the overall atmosphere is cold and serene.

January Parent Workshop Series

SETTING GOALS FOR YOUR FAMILY

- What is a goal?
- Why do we set goals?
- What should you take into account when setting goals for your family?
 - Is it important to your family and/or the overall community?
 - Is it attainable?
 - Focus on what you want your family or child to do, instead of what you do NOT want them to do.
- Is the goal a SMART goal?

SETTING GOALS **WITH** YOUR CHILD

Setting goals with your child helps them have a sense of direction and purpose. Children can learn to identify what they want to achieve and develop responsibility. It will also help with time management, problem solving skills, critically thinking skills, and help them begin to make informed decisions, as well as take ownership of their actions. (Sedona Sky). The things that are easiest to learn are the things that we really want to learn. If we really want to learn something, then learning becomes the reinforcer (Bierne & Sadavoy, 2022).

STEPS TO HELP SET GOALS

- Let them choose
- Make it specific
- Break it down
- Help them understand the purpose
- Celebrate progress
- Show support
- Reflect and revise

SETTING GOALS **WITH** YOUR CHILD

- Self-management
 - Defined as the personal application of behavior change tactics that produces a desired improvement in behavior (Cooper et. al., 2022).
 - Examples of self management
 - If you want your child to make their bed every morning before school, get them a chore chart where they can move the make your bed magnet to done.
 - If your goal is to start their homework independently, have them set a timer when they return home from school to remind them that it is time to do homework.
 - If you are setting a behavior goal for your child, try a self-monitoring sheet where they check in on how their own behavior was throughout the day or at the end of the day

Self-management continued...

- WHY self management?
 - It helps your child and your family live a more effective and efficient life
 - It helps break bad habits and develop good ones
 - Helps your child accomplish a task that may be difficult for them with some level of independence
 - Can help your child learn to achieve their personal goals
 - Helps a person feel free and feel good about themselves!

Questions /
Comments

More Topics that will be covered

February - Behaviors at home & making progress towards behavior goals

We will use the survey results from this month to help us pick topics going forward!
Please be sure to fill-out the survey on the next slide so we know how to best plan for future workshops!

Thanks!

Survey

Please scan the QR code and answer a few questions about this workshop and future ones. Thank you for your input.



Contact Information

- Casey Dickson - Multi-Age Autism Teacher at Clinton Elementary
 - cdickson@somssd.k12.nj.us
 - cdickson@arcessex.org
- Cara Lesperance - Multi-Age Autism Teacher at Clinton Elementary
 - clespera@somssd.k12.nj.us

References

Beirne, A., & Sadavoy, J. A. (2022). *Understanding ethics in applied behavior analysis: Practical applications*. Routledge, Taylor & Francis Group.

Cooper, J. O., Heron, T. E., & Heward, W. L. (2020). *Applied Behavior Analysis* (5th ed.). Langara College.

Mayer, G. R., Sulzer Azaroff, B., Wallace., (2022). *Behavior Analysis for Lasting Change* (5th ed) Sloan Publishing, LLC

Helping your children make and complete goals. Sedona Sky Academy. (n.d.-a).
<https://www.sedonasky.org/blog/helping-your-children-make-and-complete-goals>